Pillars of Strength Fatherhood and the Weight of Truth

Ryan Thompson

Truth is like the sun

it can be hidden for a while, but it will always rise again.

Tab 1

Pillars of Strength: Fatherhood and the Weight of Truth

By Ryan Thompson

Chapter 1: The Weight of Truth

There's an old saying that the truth will set you free. But if we're being real, truth has a cost. It can cost relationships, it can cost comfort, and sometimes, it can even cost a person their reputation. Yet, without truth, there is no real integrity. And without integrity, a man—especially a father—is little more than a shadow of what he should be.

I wasn't born into a family where truth was optional, but I was born into a world where truth was inconvenient. My father was a hard worker, but his past followed him like an anchor, weighing him down with responsibilities from a previous marriage. My mother was young, barely more than a girl when she married my father, carrying wounds of her own from a childhood that never gave her much stability. And then there was me—a child born into a storm, a family already struggling to keep its head above water.

From as early as I can remember, survival meant adapting. It meant learning when to speak up and when to stay quiet, when to fight and when to flee. But no matter how unstable things got, I was raised with an understanding that a man's word should mean something. My father, despite his faults, had a strong sense of duty. Even when he lost everything—his job, his home, his pride—he never turned his back on us. He never lied to us, never sugarcoated reality to make himself look better. That kind of honesty stuck with me.

As I grew, I made my own mistakes. I lied to get out of trouble. I stole when I thought no one was looking. I hurt people who didn't deserve it because I didn't know how to handle my own pain. But I also learned. I learned that truth, no matter how painful, is the only thing that can build something real. That's the foundation of integrity. And that's the foundation of being a good father.

Fatherhood isn't about being perfect. It's about being present. It's about being honest. It's about standing in front of your child and saying, *"I've made mistakes, but I will never lie to you. I will never pretend to be someone I'm not."*

That is the weight of truth. It's heavy. But it's also the only thing that can hold up the walls of a real, lasting legacy.

Chapter 2: The Price of Integrity

Integrity doesn't come cheap. It's not something you can fake, not something you can build overnight. It's earned through trial, through fire, through the willingness to stand by what you believe—even when it costs you everything.

I've lost more than I can count because I refused to play by the rules of deception. I've lost friendships, relationships, and even access to my own child. The world doesn't like people who tell the truth, especially when that truth shines a light on things others want to keep hidden.

That's the irony of my situation. I've never hidden my past. I've never pretended to be anything other than what I am. I laid it all out in my autobiography back in 2002, not to glorify my mistakes but to make them a lesson—both for myself and for anyone willing to learn from them.

Yet, somehow, my honesty has been weaponized against me. I've had people drag up my past, twisting it, using it as an excuse to alienate me from my daughter. They act like a man who acknowledges his mistakes is the same as a man who hasn't changed. But what does that say about our world? That a man who owns up to his past is treated worse than a man who buries it under lies?

I refuse to be that kind of father. If my daughter ever reads my words, if she ever finds the truth I've spoken over the years, I want her to see a man who wasn't afraid to admit when he was wrong. I want her to see a man who fought for honesty, even when it hurt. I want her to know that no matter what lies have been told about me, I have never stopped trying to be in her life.

Integrity isn't just about personal pride. It's about responsibility. It's about legacy. And most importantly, it's about fatherhood.

Chapter 3: The Fight for Fatherhood

If there's one battle I never expected to fight, it's the battle for my own child.

You think that being a father is simple—you have a child, you love them, you provide for them. But for some of us, fatherhood is a war. Not because we fail to show up, not because we don't want to be there, but because someone else decides we shouldn't be.

Parental alienation is real. It's painful. And it's not just about one parent keeping a child away from another—it's about erasing that parent from the child's life, from their history.

I have fought tooth and nail just for the right to be acknowledged as my daughter's father. I've had my character attacked, my intentions questioned, my every move scrutinized as if I were some kind of criminal. And for what? For the crime of wanting to be a part of my child's life?

The hardest part is knowing that my daughter is growing up with a version of me that isn't real. She's being told things about me that don't match the truth. And what's worse is that she's missing out on a father who would have done anything for her.

This isn't just my fight. It's a fight that countless fathers face, a battle against a system that often favors whoever tells the best lie. But I won't back down. I won't disappear. Because no matter what, I know that the truth—real, undeniable truth—will stand the test of time.

One day, my daughter will want answers. And when that day comes, I will have them. Not excuses, not justifications—just truth. Because that's what a father does.

He tells the truth, even when it costs him everything.

Chapter 4: The Road to Redemption

Redemption is a road paved with blood, sweat, and a thousand moments of self-doubt. I know this because I've walked it. Stumbled on it. Fallen face-first onto the gravel of regret and had to pick myself up, dust myself off, and keep going.

The world loves a redemption story, but what it doesn't tell you is how lonely that road can be. When you decide to change, when you decide to own your mistakes and build something better, people don't always cheer you on. Some hold your past against you like a weapon, as if your mistakes are a life sentence. Others simply don't believe in transformation.

I have lived through rock bottom. I have stared at the ceiling of a rehab center, wondering if life had anything left for me. I have felt the sting of shame so deep that I wasn't sure I'd ever crawl out of it. But I did. I clawed my way back to something better—not just for myself, but for the people who counted on me.

When I became a father, that road to redemption took on new meaning. Suddenly, it wasn't just about proving something to myself—it was about being the kind of man my child could be proud of. That meant living in truth. That meant standing by my word. That meant fighting for integrity even when it cost me.

The irony is, even as I've fought to be a better man, my past has been used against me. The very things I confessed in my autobiography—things I wrote down to help others learn from my mistakes—have been twisted and thrown back at me like a courtroom exhibit. As if acknowledging my past makes me unfit. As if honesty is something to be punished.

But I refuse to let that stop me. Because redemption isn't about the approval of others—it's about the choices you make every day. And I choose to keep walking forward, even if the road is uphill the entire way.

Chapter 5: When the Truth Hurts

They say the truth will set you free, but what they don't tell you is that before it does, it might just break you.

I've lost count of the times telling the truth has cost me something—relationships, jobs, opportunities, even my own child's presence in my life. But I will never regret it. Because truth, real truth, is the foundation of everything.

One of the hardest lessons I've had to learn is that not everyone values truth the same way I do. Some people will do anything to bury it. Some will twist it into something unrecognizable. And some will use it as a weapon to silence you.

I've seen this firsthand in my fight for my daughter. The truth is, I never abandoned her. I never stopped fighting for her. But the story that's been spun about me is different. It paints me as someone I'm not, someone I never was.

This is the painful reality of parental alienation. It's not just about separation—it's about rewriting history. It's about making one parent the villain, regardless of the truth. It's about feeding a child a narrative that keeps them from asking questions.

But here's the thing about truth—it doesn't die. No matter how many lies are told, no matter how many people try to bury it, it always finds a way to the surface.

One day, my daughter will have questions. And when that day comes, I won't need to fabricate anything. I won't need to sugarcoat the past or manipulate the story. I'll simply tell her the truth.

Because that's what a father does.

Chapter 6: The Battle for Fatherhood

Fatherhood should never be a battlefield, but for many men like me, that's exactly what it is.

There is no handbook for fighting to be in your child's life. There are no step-by-step instructions for navigating a system that often assumes a father is expendable. And there is certainly no guide for dealing with the pain of watching your child grow up from a distance.

For years, I have fought for my right to be in my daughter's life. I have fought through false accusations, through legal battles, through smear campaigns designed to paint me as someone I'm not. I have fought against a system that too often enables parental alienation rather than preventing it.

And the worst part? The damage done to my child.

Children need both parents. They need love that isn't conditional, relationships that aren't weaponized. They need to know that they are not pawns in an adult war. But when one parent decides to erase the other, the child is the one who suffers the most.

I have been accused of many things, but the one thing no one can ever say about me is that I gave up. I refuse to let my daughter believe that I stopped fighting for her. I refuse to let her grow up thinking that her father didn't want her.

If I could say one thing to every father out there fighting the same battle, it would be this: **Don't stop.**

Even when it feels hopeless. Even when the system seems stacked against you. Even when the lies are louder than the truth.

Because one day, our children will ask for answers. And when that day comes, they deserve to hear the truth from us—not from those who tried to erase us.

Chapter 7: What Makes a Good Father?

People like to throw around phrases like *"a good father provides"* or *"a good father protects."* And while those things are true, they only scratch the surface.

A good father **shows up**—even when he's pushed away.

A good father **tells the truth**—even when it's easier to lie.

A good father **takes responsibility**—even for things he could have avoided.

And a good father **fights for his children**—even when the world tells him he has no right to.

I won't claim to be perfect. I won't pretend that I haven't made mistakes. But I know, without a doubt, that I am a good father. Not because I say so, but because I have fought for my daughter every step of the way.

Being a father isn't about getting it all right. It's about being there. It's about being honest. And it's about making sure your child never has to wonder if they were loved.

I hope my daughter knows that.

I hope one day, when she looks back, she sees the truth—not the version of me that others have tried to create, but the man who never stopped fighting for her.

That is what makes a father.

And that is what I will always be.

Chapter 8: The Cost of Telling the Truth

There is a price to pay for honesty. Sometimes it costs you relationships, sometimes it costs you opportunities, and sometimes it costs you your own peace of mind. But the alternative—living a lie—is far worse.

I've always believed that truth is the foundation of integrity. Without it, nothing else matters. You can build a life on deception, but eventually, the cracks start to show. And when they do, everything collapses.

This belief in truth has cost me dearly, especially as a father. In the battle over parental alienation, the easiest thing I could have done was stay quiet. I could have played along with the false narratives, avoided confrontation, and kept my head down. But I didn't. I chose to stand my ground, to expose the lies, and to fight for what's right.

And for that, I was punished.

My social media accounts, where I shared my experiences and advocated for fathers' rights, were shut down. My name was dragged through the mud, my character attacked, my words twisted to fit someone else's agenda. I was accused of things I never did, judged for mistakes I openly admitted, and vilified simply for wanting to be in my daughter's life.

But here's the thing about truth—it doesn't disappear just because people refuse to hear it.

Every lie that has been told about me has an expiration date. Eventually, my daughter will see through them. She will have questions, and when she does, I will be ready with the truth.

No matter what it costs me, I will never stop telling my story. Because my integrity—and my daughter's right to know her father—is worth more than any price I could pay.

Chapter 9: Fighting Against Parental Alienation

Parental alienation isn't just about keeping a parent away from their child—it's about control. It's about rewriting history, about turning love into leverage, about using a child as a weapon.

I never understood the full weight of parental alienation until it happened to me. Until I was told I couldn't speak to my own daughter. Until I realized that my voice in her life was being silenced, my presence erased.

At first, I fought in all the ways I knew how. I tried reasoning. I tried legal action. I tried exposing the lies. But the harder I fought, the more resistance I faced. The more I spoke out, the more they tried to silence me.

And that's when I realized—the real battle wasn't about me. It wasn't even about the alienating parent. It was about my daughter.

She's the one being deprived of a relationship. She's the one being fed a distorted version of reality. She's the one who will one day have to untangle the web of lies woven around her.

That's why I keep fighting. Not for revenge, not for ego, but for her.

Because one day, she will need to know that her father never gave up on her. And when that day comes, I want her to know that I stood on the side of truth.

Chapter 10: A Father's Legacy

What does it mean to leave a legacy? Is it the money you leave behind? The things you build? The reputation you carry?

For me, legacy is about one thing: **truth.**

I want my daughter to inherit something more valuable than wealth or possessions—I want her to inherit honesty. I want her to grow up knowing that she comes from a father who stood by his convictions, even when it cost him everything.

That means being accountable. That means admitting when I was wrong. That means showing her that strength isn't about never making mistakes—it's about learning from them.

I hope my daughter learns that integrity is worth more than convenience. That telling the truth is always better than living a lie. And that no matter what the world says about her father, she can always come to me for the truth.

Because that is the legacy I choose to leave behind.

Chapter 11: Lessons in Love and Loss

Love and loss have walked hand in hand throughout my life. I've loved deeply, and I've lost deeply. And while I've made peace with many of those losses, the loss of time with my daughter is one wound that will never fully heal.

Being a father isn't about biology—it's about presence. It's about showing up, about being there for the big moments and the small ones. It's about making sure your child never has to wonder if they are loved.

That's why parental alienation is so devastating. It steals time, it steals memories, it steals moments that can never be replaced.

But love is stronger than loss.

No matter how much time passes, my love for my daughter remains unchanged. And no matter how much distance is placed between us, she will always have a father who is fighting for her.

Chapter 12: The Road Ahead

The road ahead is uncertain. I don't know when I will see my daughter again. I don't know when she will be old enough to ask the questions she needs answers to. I don't know what obstacles still lie ahead.

But I do know this: I will keep walking forward.

I will keep telling the truth, no matter how inconvenient it is.

I will keep fighting for my daughter, no matter how hard it gets.

And I will keep being the father she deserves, no matter how long it takes.

Because in the end, truth always wins.

And so does love.

Final Thoughts

Fatherhood isn't about perfection—it's about persistence. It's about integrity. It's about truth.

I am not perfect, but I am honest. I have made mistakes, but I have learned from them. And I have lost battles, but I will never lose the war for my daughter's heart.

To every father out there fighting a similar battle: **keep going.**

Because one day, our children will know the truth. And when that day comes, they will see that we never stopped fighting for them.

That is what it means to be a father.

That is what it means to live with integrity.

And that is what I will always strive to be.

Truth is like the sun—it can be hidden for a while, but it will always rise again.

By **Ryan Richard Thompson** 2025

Thank you for reading. If this story resonates with you, or if you are facing similar struggles, know that you are not alone. Keep fighting. Keep believing. Keep standing in truth. Because that is the only way we win.

Bibliography & Archives

For those who want to see my work, my life, and my story in my own words, here are the archives I've maintained:

Personal Websites & Publications:

📌 **House of Thompson** –https://houseofthompson.net

Archives and Media Network - Clovis Star - www.clovisstar.com

My Books & Publications – *Emerald Sun* –https://emeraldsun.net

Ongoing Radio Show – *Disruptarian* –https://disruptarian.com

Archived Content (Wayback Machine & Internet Archive):

General Archive: https://archive.org/details/@veracitylife

Clovis Star Video Archive: https://archive.org/details/ClovisStarVideoArchive

Web Archive Backup: https://archive.org/details/@veracitylife/web-archive

📌 **Historical Backup of *My Story Behind Zion Curtain***

https://web.archive.org/web/20250000000000*/mystory.behindzioncurtain.com

978-1-300-62764-7
Imprint: Lulu.com

About the author

Ryan Thompson is a writer, speaker, and advocate for truth, integrity, and fatherhood. Ryan considers himself a "disrupter" or a "Disruptarian" With a life shaped by hardship, redemption, and relentless pursuit of authenticity, Ryan shares his journey with raw honesty. From his early struggles to his fight against parental alienation, his work is a testament to resilience, accountability, and the power of standing for what is right. His writing, podcasts, and advocacy continue to inspire fathers to embrace their role with courage and truth. Follow his journey at **Disruptarian.com** and explore his archives at ClovisStar.com. As time passes, these personal domains will go to someone new, as such the author keeps his archives at the internet archive @ www.archive.org The author's username at the internet archive is @veracitylife

https://archive.org/details/@veracitylife